

ABSTRACT OF THE DISCLOSURE

Protective devices, to protect a body part having a bony portion with a soft tissue layer between the bony portion and an outer skin layer, have an inner surface which conforms to the body part to be protected and are applied to the body part to reduce pressure exhibited at the interface between the bony portion and the soft tissue layer, across the soft tissue and outer skin layers and at the interface between the outer skin layer and a support surface. The protective devices may be made of any material suitable for distributing the weight of the body part over an extended area and volume and may include a mushy material, a hard shell, a hydro absorptive material, and a wound dressing with medication. The body part to be protected includes at least one of the heel, trochanter, knee, sacrum, coccyx, ischium, scapula, elbow, ankle, buttocks and occiput; The protective devices may be secured to the body part directly or via a garment or any other suitable securing means.